

## What is esuicideTALK?

esuicideTALK is an online program that helps participants explore issues surrounding suicide in a safe, self-paced environment. Developed by LivingWorks Education using adult learning principles, esuicideTALK helps people take the first steps toward community suicide prevention.

esuicideTALK is an interactive learning experience that can be accessed from any desktop computer with an internet connection. It explores an important question:

“Should we talk about suicide?”

esuicideTALK invites participants to consider their own beliefs and attitudes about suicide in a calm, reflective environment modelled on a classroom experience. The program explores the following questions to increase awareness about suicide in the community:

- Why do people have suicidal thoughts?
- Who experiences suicidal thoughts?
- Is it dangerous to talk about suicide?
- Why is suicide a taboo subject?
- Do suicidal people truly want to die?
- What actions can help to prevent suicide?

## Who should use esuicideTALK?

esuicideTALK is ideal for all English speakers aged 15 and older who want to take the first steps toward suicide prevention. esuicideTALK does not teach suicide first aid and intervention skills—instead, it helps people become more aware of the dangers of suicide, its impact on the community, and how discussing it openly and honestly can save lives. esuicideTALK is also an excellent tool for organizations that want to help their employees increase awareness and reduce the stigma surrounding suicide.

## How does esuicideTALK work?

When logging into esuicideTALK, participants select a narrator and a learning companion who will accompany them through the program. These guides encourage and support them as they complete activities, learn more

about suicide, and meet Maria—someone who returned to health after experiencing suicidal thoughts. esuicideTALK typically takes 1–2 hours to complete.

## What does esuicideTALK teach?

Awareness is a key component of suicide prevention and an important first step toward the intervention skills that can be learned in other LivingWorks programs. esuicideTALK helps to develop awareness by:

- Facilitating understanding of suicide as a serious community health problem
- Reducing the stigma and taboo surrounding suicide
- Encouraging life-protection, preservation, and promotion activities
- Increasing personal commitment to and action in preventing suicide
- Supporting the spread of training opportunities and networking activities



## System requirements

esuicideTALK is designed for both Windows and Macintosh platforms. It requires an Internet connection to use and is compatible with the following browsers: Internet Explorer 9, Firefox 8 and newer, Chrome 15, and Safari 5.1.2.

## Getting started with esuicideTALK

1. Visit [www.esuicidetalk.net](http://www.esuicidetalk.net)
2. Under "Individuals," click "Purchase Now!" to obtain a single-use voucher for \$20.00
3. Enter your information and click "Register Now"
4. Your voucher code will arrive by email
5. Enter the voucher code and click "Submit"
6. Select a narrator and learning companion to begin your esuicideTALK experience!

## Group price rates

Want to make esuicideTALK accessible to your organization? Bulk licenses are available at the following rates:

- A block of 25 licenses - \$450.00
- A block of 100 licenses - \$1500.00
- A block of 500 licenses - \$6000.00

## Organizational licenses

Organizations and companies wishing to make esuicideTALK available to their employees can purchase unlimited access to the program for \$10,000 annually. This includes a custom homepage that will display before the program runs.

The organizational license is not intended for resale purposes.

To order or inquire about group or organizational rates, please contact [communications@livingworks.net](mailto:communications@livingworks.net).



## About LivingWorks Education

For three decades, LivingWorks Education has been the world leader in suicide awareness and intervention training. We develop award-winning training programs in the belief that suicide can be understood, anticipated, and prevented. Our programs—including ASIST, safeTALK, and esuicideTALK—have reached more than a million people worldwide through a network of over 6,000 community trainers



### ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop for people who want to be more willing, ready, and able to help prevent the immediate risk of suicide.



### safeTALK

safeTALK is a half-day workshop that increases awareness about suicide risks, prepares participants to identify persons with thoughts of suicide, and shows how to connect them with life-saving first aid resources.



### suicideTALK

suicideTALK is a 90-minute to half-day session that invites participants to reduce the stigma surrounding suicide and become more aware of suicide prevention opportunities in their communities.



### suicideCare

suicideCare is a one-day, clinically oriented program for caregivers working with persons at risk of suicide on a longer-term basis. ASIST is a prerequisite for suicideCare.